



**Visit Instructions: Intrauterine Contraception (IUC) Insertion (Skyla/Mirena/Paragard)**

- **If you are using a hormonal birth control method like** Pills, Patch, Ring or Depo-Provera ("The Shot"), please make sure to continue to use it until your IUC insertion
- **If you do not use a hormonal method:** Please abstain from unprotected intercourse from the time your menstrual period starts until the IUC insertion or abstain from intercourse for two weeks prior to your IUC appointment.
- If you are not allergic, you can take 400 mg IBUPROFEN 30 minutes before your appointment.

**For Your Visit:**

- Remember to bring a valid photo ID.
- Bring in your Medi-Cal, CenCal, Gold Coast, FamilyPACT, or insurance card at the time of your visit
- Payment is expected at time of service. We accept credit cards as long as the cardholder is present and has a valid photo ID. We do not accept checks or American Express.
- For their comfort and safety we ask that you not bring children. If you bring a child they must be accompanied by an adult (at least 18 years old) at all times in the reception area. Children are not allowed in exam rooms.
- If you are running late, call us at 888-898-3806, so that we can provide you with your options for the day. If you are late, we do reserve the right to reschedule.
- Please let us know 24 hours in advance if you need to cancel or reschedule your appointment.